JUDGED ON HER CURVACEOUS FIGURE

AGUILERA SAYS SHE WAS TOLD NO ONE WOULD BUY HER MUSIC UNLESS SHE STAYED SKINNY. HER RESPONSE TO LABEL REPS NOW: 'YOU ARE WORKING WITH A FAT GIRL ... GET OVER IT' PAGE 12

VANCOUVER metro®

Tuesday, October 2, 2012

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Body of missing B.C. man found in Nevada

Fateful road trip.
Albert Chretien and his wife, Rita, got lost after taking a shortcut to Las Vegas in 2011

Albert Chretien HANDOUT

The remains of a missing B.C. man whose wife survived for seven weeks in the Nevada wilderness after the couple got lost have been found a year and a half after he disappeared.

Albert Chretien's whereabouts have been a mystery since the couple's van got stuck in the mud in March 2011.

Det. Dennis Journigan of the Elko County Sheriff's Office said Chretien's remains were discovered Saturday by two elk hunters in a secluded area of Merritt Mountain, about 11 kilometres west from where he set off.

Journigan said the remains were intact and hadn't been scattered by animals. Chretien was identified by items found in his pockets, including business cards and an address book, police said.

Rita Chretien stayed with the couple's van and was found on the verge of starvation 49 days after her husband went for help. She survived on trail mix, hard candy and melted snow, and has said her Christian faith kept her going.

The couple got lost when they decided to take a shortcut to a Las Vegas trade show from their home in Penticton.

Det. Jim Carpenter said the hunters in their 40s found a backpack that Chretien carried when he left the van. It contained a spiral notebook and sunflower seeds.

The hunters then went up the mountain and found his body, Carpenter said.

"They know of the story, of what took place and they were in the general area," he said Monday. "They put two and two together and called us and said, 'Hey, we think we found your missing Canadian guy.'"

The hunters led police to the wooded area, about a four-hour drive from the sheriff's office, early Sunday morning, Carpenter said.

"It's big news around here, and everybody who lives here knows the whole story."

Rita Chretien was relieved to hear her husband's body had been found after so long, Carpenter said.

"She's obviously upset but she's also relieved that we recovered Albert's remains," he said. THE CANADIAN PRESS

The van of Albert and Rita Chretien is shown in this photo, released by the Alko County Sheriff's Office in Nevada. The remains of the 59-year-old B.C. man were discovered Saturday in Nevada, a year and a half after he went missing. THE CANADIAN PRESS/HANDOUT

Dry spell makes history

Vancouver saw its lowest rainfall readings for August and September since record-keeping began in 1896 PAGE 3

Abbotsford man charged

Kenneth William Carr has been charged with counselling a person to commit suicide PAGE 6

Editing out women

Women models air-brushed out of the Saudi Arabian edition of the 2013 Ikea catalogue PAGE 9

Tired of turkey?

If you've had enough of the gobble gobble, try some oink oink with this succulent cranberry-stuffed pork tenderloin PAGE 14

10 TOP PRIZES OF $1,000 A WEEK FOR 25 YEARS!

BC's Set for Life

Robert & Kimberley Blair – Surrey, BC

2 3 4

5 6 7

8 9 10

1 WINNER, 9 MORE TO GO. YOU COULD BE NEXT.

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19+

Virgin Group founder

Win a chance to ask Sir Richard Branson a question in person

A special feature looking into the mind and world of Sir Richard Branson will run in Thursday's Metro — but have you ever wanted to pick his brain?

Thursday you could get your chance.

The Virgin Group founder will be in Vancouver to introduce fans to his new book, Like A Virgin. He will be signing copies at the Chapters at Robson and Howe Street starting at 9:45 a.m., and will also be unveiling a new social investment program for youth in Vancouver as part of his Virgin Mobile RE*Generation and Virgin Unite programs.

Two Metro readers will have the chance to ask the chairman their burning questions in person at the event, and win a signed copy of his new book.

Readers are invited to submit their question to vancouver@metronews.ca until 3 p.m. PDT this Wednesday. The two winners will be chosen and notified by 6 p.m.

Contest entrants must supply a phone number and email they can easily be reached at if they are chosen, and must be available to attend the event on Thursday from 9:15 a.m. to 10:30 a.m. PDT. METRO

Richard Branson will be back in B.C. on Thursday. KATE WEBB/METRO

A woman lounges at Kits Pool this summer. CHELSEA ALTICE/METRO FILE

City records driest Sept.-Aug. in history

Weather. At 7.9 millimetres, Vancouver hit its lowest rainfall since meteorologists first started recording data — in 1896

ELIZABETH HAMES
vancouver@metronews.ca

Vancouver, you officially have nothing to complain about.

These past two months have been the driest August and September in recorded history.

The season's mere 7.9 mm of rainfall beat out every record dating back to 1896, when meteorologists first started recording weather data in the settlement town of Steveston.

To understand the sheer extent of Vancouverites' fortunes, consider that the city typically receives about 93 mm of precipitation during those two months.

September alone received only 5 mm of rain, compared to the average 53.5, and August saw only 2.9 mm.

On their own, neither September nor August set the record for most arid month on record.

The driest September ever was in 1975, when only 0.3 mm of rain hit the ground. August's record is even more impressive, with 0.0 mm in 1986, the Expo year.

Trevor Smith, meteorologist with Environment Canada, said a stubborn ridge of high pressure is behind the unseasonably dry weather.

The ridge usually starts to break down in September, opening the door for wetter weather systems.

"In this case it's just been a little more persistent," said Smith.

And there's more good news on the way.

Smith said the ridge of high pressure should hold out for another seven to 10 days, making for a beautiful Thanksgiving weekend.

Highs from Wednesday onward are expected to hover around 17 C to 18 C, and temperatures for the Fraser Valley are forecast for around 20 C.

The normal high for this time of year in the Lower Mainland is 16 C.

Rainfall

93

The city usually receives roughly 93 millimetres of precipitation during August and September.

BC Ferries. Fare increases capped at four per cent

BC Ferries passengers will be shelling out more for ticket prices next spring, but the increase in fares isn't as dramatic as expected.

A price cap set by the British Columbia Ferry Commission, the independent regulating body for BC Ferries, Monday allows the ferry operator to increase its ticket prices by an average four per cent a year for three years beginning April 1, 2013.

That means by 2015, the cost to transport a one-child family between Tsawwassen and Swartz Bay could rise to $96.77, up from $86.40, not including the fuel surcharge. For a single foot passenger, the cost of a ferry ride could increase to $16.63 from $14.85.

The new price caps are equal across the board, meaning that revenue from the major routes will be used subsidize the money-losing minor routes. ELIZABETH HAMES/FOR METRO

Bottom line

The fare hikes could add about $18 million to BC Ferries' bottom line — and it's much needed cash.

- BC Ferries is tasked with saving $54.2 million in efficiencies over four years.

Judith Guichon. Southern Interior rancher named B.C.'s new lieutenant-governor

British Columbia has a new lieutenant-governor.

Prime Minister Stephen Harper has appointed southern Interior rancher Judith Guichon as the province's new Queen's representative.

A news release from the prime minister's office says Guichon is a leader in keeping B.C.'s agriculture and cattle industries environmentally sound and she has worked hard to promote and protect the interests of ranchers.

Premier Christy Clark says Guichon, who operates Gerard Guichon Ranch Ltd. in the Nicola Valley, represents the values of hard work, tradition and a passion for our shared future.

Clark also thanked retiring Lt.-Gov. Steven Point for his service, which began in 2007, saying the province owes him a great debt of thanks.

Lieutenant-governors are appointed by the governor general on the recommendation of the prime minister and serve five-year terms. THE CANADIAN PRESS

Prime Minister Stephen Harper introduces Judith Guichon as the lieutenant-governor of B.C. on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

1 NEWS

On the web

Qriket

A skateboarder and a deer go head to head. Which one wins? Scan the code to see it for yourself.

Police want limits to freedom for 'Swirl Face' pedophile

Public safety. Police use section of Criminal Code to arrest soon-to-be-released offender

A B.C. man who served five years in a Thai prison for sexually abusing a child is expected to soon be released back into society now that he has been returned to Canada.

RCMP fear Christopher Neil is at high-risk to re-offend, but the Crown has indicated it wants a publication ban on the hearing that will determine conditions of his freedom.

Police say the 37-year-old has not committed any crimes in Canada, however, they used a section of the Criminal Code of Canada aimed at preserving public safety to arrest the man when he arrived Friday at Vancouver's airport.

Neil appeared Monday before a provincial court judge in Richmond, but his case was put off for two days.

"Any time you have a predator who is known to assault children in your environment, I think a community and a society need to know about that," said Brian McConaghy, a former Mountie who heads a victims' rights organization and attended the proceedings.

McConaghy has closely followed Neil's case, which gained notoriety in 2007 when police widely released video images unscrambling an Internet photograph of Neil. Neil became the subject of an international manhunt when he was no longer disguised by a digital swirl in pictures of abuse posted online. International media began referring to him as "Swirl Face."

Neil pleaded guilty and was sentenced.

"He served his time in Thailand for offences committed in Thailand, but there's plenty more to the story and that's what we're interested in," said McConaghy.

"There is a legal process in place in Cambodia where they have expressed interest in him."

Mark Thompson, an experienced lawyer appointed Monday morning to act as Neil's duty counsel, said he will ask for a standard publication ban on the Canadian proceedings "to protect his right to a fair hearing.

"I have spoken to him, he's in good spirits," he said of Neil.

"He was treated well by the Thai and Canadian authorities. He wants to get on with the rest of his life." THE CANADIAN PRESS

German investigators reconstructed the Internet photo, left, resulting in a worldwide manhunt that led to Christopher Neil's arrest in 2007. HANDOUT/METRO FILE

Newly-found comet could be as bright as moon

This infrared image features Comet Lovejoy, photographed about 370 kilometres above Earth on Dec. 25, 2011, from the International Space Station. HANDOUT/NASA

KATE WEBB
kate.webb@metronews.ca

A newly discovered comet more than three kilometres wide is headed for the centre of our solar system, and could become one of the brightest objects ever seen in the night sky, Russian scientists announced last week.

Astronomer Raminder Singh Samra with Vancouver's H.R. MacMillan Space Centre said it's hard to tell whether the comet, which he described as a "loosely-held dirty snowball," will survive the sun's pressures long enough to be seen by the naked eye.

"Next fall it's coming toward the inner solar system, so it's going to pass by Mars, and shortly after that it's going to get really close to the sun, like two million kilometres from the sun," Samra said.

The sungrazing comet, dubbed C/2012 S1 (ISON), is currently passing Saturn. It is believed to have come from the Oort Cloud, a spherical cloud of comets astronomers believe surrounds the solar system.

If it does make it past the sun, it is estimated ISON will come within 60 million kilometres of Earth at its closest approach, posing no threat to humans, but potentially offering a thrilling sight in the northern hemisphere.

"In terms of brightness, it could be similar brightness to the moon," Samra said.

"It's exciting because most of the comets that we see, they're regular visitors, like Halley's Comet every 76 years or so, but this one looks like it's new."

ISON's observed orbit, skywatchers have pointed out, is strikingly similar to that of the Great Comet of 1680, which threw out a long, brilliant tail after it moved away from the sun that could be seen even during the day.

If history repeats itself, this comet's tail could stretch as wide as 70 degrees of arc in the sky, which is roughly equivalent to the width of seven fists held out at arm's length.

Comet ISON is expected to reach its closest point to the sun around Nov. 28, 2013.

Morrison Lake

B.C. halts proposed gold mine

Plans for a copper and gold mine in northeast B.C. have been buried by the provincial government.

An environmental assessment of the proposed mine at Morrison Lake near Smithers found the project could endanger the quality of water in the lake and sockeye salmon and other fish in the Skeena River.

The Babine Lake First Nation had raised concerns about how the mine would affect salmon stocks.

Pacific Booker Minerals had proposed the mine, which would have dug out 30 thousand tonnes of copper and gold ore from the site each day over 21 years. THE CANADIAN PRESS

Conviction

Teacher loses sex assault appeal

A former B.C. teacher found guilty of sexually assaulting a female student has lost an appeal of his conviction.

Gary Semchuck was an elementary school teacher in Ucluelet in 1987 when he was found guilty of rubbing a student's breasts after she had completed a track and field run.

He appealed, claiming the trial judge failed to consider all relevant circumstances surrounding the incident, but the appeal court has rejected his arguments.

Semchuck was accused of touching numerous students over several decades, but was cleared of all but the one charge involving the incident in Ucluelet. THE CANADIAN PRESS

Deadly crash

U.S. fisherman killed in collision with Canadian boat

The crew members of a Canadian fishing boat have reached port and are okay – but one person aboard a U.S. fishing boat has died after the two vessels collided on Friday.

The incident occurred 48 kilometres off the northwest coast of Washington State when the 31-metre Viking Storm struck the 12-metre Maverick — a Seattle-registered vessel with four people aboard. Those on the Viking Storm managed to pluck three of the U.S. crew out of the water, but an air and water search for the fourth was called off on Saturday. THE CANADIAN PRESS

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Suicide attempt. Man charged with counselling woman to end her life

A 53-year-old man has been charged with counselling an Abbotsford woman to kill herself.

Late last week, a woman in her 40s — who is known to suffer from depression — was brought to police with apparent ligature marks on her neck by a family member.

The Abbortsford Police Department has now charged Kenneth William Carr with counselling to commit suicide.

"As a result of our investigation and the evidence, we certainly felt that Mr. Carr felt an integral role in encouraging her to attempt suicide," Const. Ian MacDonald said, adding the two have only been "recent acquaintances.

"We're not talking about this woman in her 40s having a terminal illness," he added. "She was not facing any medical crisis. She was depressed. Large numbers of Canadians will face depression at some point in their lives and it is hardly a justification for … counselling someone to commit suicide."

Kenneth William Carr, 53, has been charged with counselling to commit suicide. ABBOTSFORD POLICE DEPARTMENT

Police are appealing to those who may have experienced similar instances involving Carr or anyone with information to contact the APD at 604-859-5225. PHYLICIA TORREVILLAS/METRO

Voting registration. Deadline looms for U.S. expats in Vancouver

With only five weeks until voting day, U.S. election campaigners are hurriedly crossing the border into Canada.

Democrats Abroad, the overseas branch of the U.S. Democratic Party, is calling on all U.S. citizens living in Metro Vancouver to cast a ballot.

And they better do it soon, said Maureen Harwood, chair of the Vancouver chapter of Democrats Abroad.

Due to recent changes in federal law, not all states mail out ballots to residents living abroad, she said.

Out-of-country Americans must send out for their ballot if they want it to be counted in the upcoming election.

Democrats Abroad has set up a non-partisan website called votefromabroad.org, where American citizens living abroad can fill out a request for a ballot.

ELIZABETH HAMES/FOR METRO

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THANKSGIVING WEEKEND
From
$196
one-way, after tax
$51
Kids, one-way, after tax
FLIGHT SCHEDULE
FRIDAY, OCTOBER 5, 2012
Flight Origin Depart Destination Arrive Stops
EG 601 Calgary (YYC) 9:00 AM Vancouver (YVR) 9:25 AM 0
EG 602 Vancouver (YVR) 10:25 AM Calgary (YYC) 12:45 PM 0
MONDAY, OCTOBER 8, 2012
Flight Origin Depart Destination Arrive Stops
EG 601 Calgary (YYC) 9:55 AM Vancouver (YVR) 10:20 AM 0
EG 602 Vancouver (YVR) 11:05 AM Calgary (YYC) 1:25 PM 0
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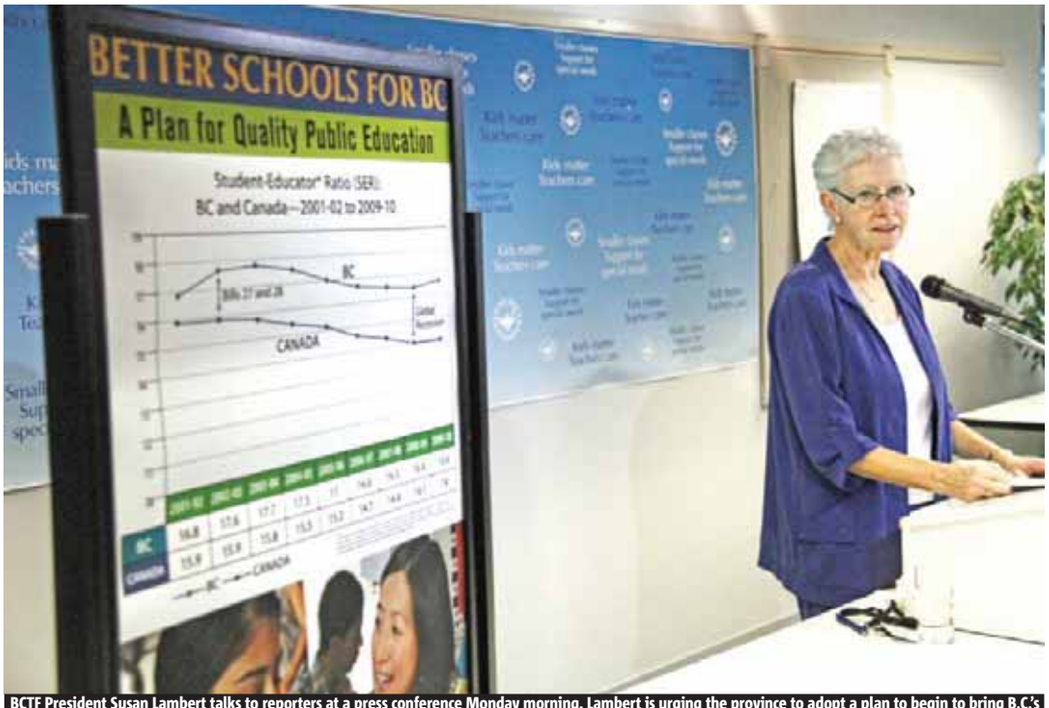

BCTF President Susan Lambert talks to reporters at a press conference Monday morning. Lambert is urging the province to adopt a plan to begin to bring B.C.'s education funding and services up to the national average. PHYLICIA TORREVILLAS/METRO

B.C. urged to up education ante

Funding. President of teachers union says taxpayers are prepared to pay for high-quality teaching system

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

The B.C. Teachers' Federation is calling on the provincial government to bring education funding up to the national average.

BCTF president Susan Lambert said that the province has the worst student-educator ratio in Canada at 16.6 to 1. The national average is 14 students per educator.

For the province to meet the Canadian average, she added, 5,800 more teachers would need to be hired at a cost of about $500 million.

"I cannot understand why a government would be so irresponsible as to shortchange its next generation of the kind of educational experiences each and everyone of our students need to be fully productive, fully engaged, fully committed citizens," said Lambert at a press conference Monday morning.

According to the BCTF, B.C is falling behind in K to 12 education spending as a percentage of GDP at 3.3 per cent and it would require $609 million to increase spending to meet the current national average of 3.6 per cent.

Bringing the average up

16.6

B.C.'s student-educator ratio is the worst in Canada at 16.6. The national average is 14 students per educator.

Lambert said tax increases would be necessary to increase education funding and British Columbians are prepared to pay their fair share for a high-quality public education system.

"Our message to whatever government is in power after the election in May is that public education is the most critical service that they can provide," she said. "They ought to fund it adequately and understand that to bring the funding up to the levels we had about 10 years ago will take some time.

"But to begin with, let's make a plan to incrementally over time match national averages. And then, let's take it to where it should be — the best in Canada," she added.

B.C. Premier Christy Clark speaks with the media following her meeting with Alberta Premier Alison Redford to discuss the Northern Gateway pipeline in Calgary on Monday. JEFF MCINTOSH/THE CANADIAN PRESS

Clark, Redford stand their ground

A quick meeting between the premiers of Alberta and B.C. ended Monday with neither woman willing to budge on how they think the risks and benefits of West Coast-bound oil pipelines ought to be divvied up.

"I would say it was frosty," was how B.C.'s Christy Clark described the 20-minute conversation with her Alberta counterpart, Alison Redford in Calgary.

"I wouldn't say we made a whole lot of progress on it."

Clark said she wanted to reiterate the five conditions under which her government would allow oil pipelines — Enbridge Inc.'s Northern Gateway project and the expansion to Kinder Morgan's Trans Mountain line — to deliver crude from Alberta to the West Coast for export to Asia.

Quoted

"Royalties cannot be on the table."

Alberta Premier Alison Redford

The three most important conditions, Clark said, have to do with the environment. The review process must be successfully completed, there must be "world leading" marine spill prevention and response and top-notch land oil-spill prevention, response and recovery.

B.C. also wants the projects to meet aboriginal treaty rights.

The most contentious condition so far has been B.C.'s demand to receive a share of fiscal and economic benefits from the pipeline to reflect the risk it would face. THE CANADIAN PRESS

Youth flunking on the job market

Vital Signs report.
Study paints troubling portrait of educated Canadians who are buried in loans but lack opportunities

SEAN MCKIBBON
Metro in Ottawa

In New Girl, Jess (Zooey Deschanel) works as a shooter girl after being laid off from her teaching job. More and more Canadian youth are shelving their degrees due to a lack of job opportunities. CONTRIBUTED

Canadian youth are more educated than ever, but it's not opening the same doors for them as it did for their parents, says a new report titled Vital Signs from the Community Foundations of Canada, being released Tuesday.

"The linear path from school to career, home ownership and family has disappeared," said Ian Bird, president and CEO of Community Foundations of Canada.

Bird said Canadians between the ages of 18 and 34 face increased competition for jobs from older workers and globalization.

As a result, they have trouble paying crippling student loans, suffer from disengagement with society and many also struggle with a host of mental-health disorders.

"We've experienced tuition growth of over 200 per cent in the past 20 years and a debt load that's unprecedented. There's rising cost of living in major urban centres and then you have the delay in getting into the labour force. That confluence of factors is fundamentally different than it was 20 to 25 years ago," said Bird, who called the situation for youth "alarming."

He added Canadian society must bridge the gap between generations now or it won't have the means to do so in the future as retiring baby boomers begin to erode tax revenues.

While the report says most Canadian youth are doing well academically, it also raises alarms about high dropout rates among rural and aboriginal communities.

Tory MP apologizes for 'insensitive' remarks about Layton's death

Conservatives found themselves cringing once again on Monday at the ramblings of caucus colleague Rob Anders — this time a brazen suggestion that ambitious NDP Leader Tom Mulcair helped hasten the death of predecessor Jack Layton.

The Calgary MP — known on Parliament Hill for saying or doing things that leave people shaking their heads — dropped a whopper in an interview published Monday by political news website iPolitics.

Anders was quoted by iPolitics as saying that "one of the great stories that was missed by journalists" was that Mr. Mulcair's arm-twisting behind the scenes "helped to hasten Jack Layton's death."

"It was very clear to me, watching the two of those gentlemen in the front benches, that Jack Layton was ill and that Mr. Mulcair was making it quite obvious that if Jack wasn't well enough to fight the campaign and fight the election that he should step aside," he continued.

The reaction was swift and unequivocal.

"If I was (Prime Minister Stephen) Harper, he would be gone out of the Conservative party in a heartbeat," said Nova Scotia NDP MP Peter Stoffer, who also described Anders in decidedly unparliamentary — and unprintable — language.

"That kind of comment, that is a disgrace, not only to Mr. Mulcair but to the legacy of Mr. Layton."

Anders quickly issued a written apology for what he described as his "insensitive and inconsiderate" remarks, and Olivia Chow, Layton's widow, said she accepted it.

THE CANADIAN PRESS

Million of litres of fuel

Explosions and fireballs as blaze razes plant

At least 55 firefighters struggled through the night to put out what can only be described as a massive chemical blaze in St. Boniface, Man.

The fire was expected to still be burning on Tuesday morning. Thick plumes of greyish-black smoke snaked through the air just before 5:30 p.m. at Speedway International's biodiesel plant on Monday, and it wasn't long before the fire was driving everyone, including firefighters, back from the scene.

Almost one million litres of fuel were estimated to be inside.

Witnesses and evacuees at the scene described intense heat and constant ground-rumbling explosions, including a massive fireball that exploded at about 6:15 p.m. (CDT), sending people and media fleeing.

Streets around the area were quickly shut down and emergency personnel tried in vain to discourage gawkers from getting too close to the blaze, which, by 10 p.m. local time, had grown to about the size of two football fields.

ELISHA DACEY/METRO IN WINNIPEG

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PRICED TO SELL TO THE BARE WALLS!
EVERYTHING WILL BE SOLD!
STORE FIXTURES, FURNITURE & EQUIPMENT FOR SALE!
ALL SALES FINAL. OPEN REGULAR STORE HOURS. WE ACCEPT MASTERCARD, VISA, AMERICAN EXPRESS, AND SEARS FINANCIAL™ CREDIT CARDS. WE ACCEPT SEARS GIFT CARDS AND SEARS CASH CARDS. ALL ITEMS AVAILABLE WHILE QUANTITIES LAST. THIS STORE IS EXCLUDED FROM CURRENT SEARS FLYER OFFERS. EXCLUDES COSMETICS, FRAGRANCES AND LICENSED DEPARTMENTS.

Baird blasts UN for inaction over crisis in Syria

General Assembly. One delegate said organization is largely shrugging off Canada's relatively recent anti-UN stance

John Baird gave a scathing speech on the UN on Monday. THE CANADIAN PRESS

Foreign Affairs Minister John Baird delivered a scathing rebuke to the United Nations on Monday, pointing to the bloodshed in Syria as evidence of its lack of purpose and focus as he fired yet another round in the Canadian government's ongoing war of words against the UN.

"The crisis in Syria is a test of this organization's ability to achieve results," said Baird, who spoke to a largely empty and seemingly disinterested chamber.

"While the brutal and repressive regime of Bashar al-Assad continues the slaughter of its own people, the United Nations continues to fail to impose binding sanctions that would stem the crimson tide of this bloody assault."

He warned the UN to think of its legacy as the turmoil continues in Syria.

"Until the last syllable of recorded time, the world will remember and history will judge member states that are allowing these atrocities to continue," Baird said.

"Many people of the planet, including many of the citizens whom we represent, cannot understand why this organization — despite the sound and fury of debate in this great assembly — has been unable to take concrete steps."

The UN spends too much time in self-examination, he continued, and needs instead to focus on the problems around the world that demand its attention.

"Our commitment to the United Nations has been tested and is proven," he said. "Not in spite of our commitment, but because of our commitment to this body, we cannot and will not participate in endless, fruitless inward-looking exercises."

Consequently, the Canadian mission to the UN will now focus its attention on what the United Nations is achieving, not how it arranges its affairs, Baird said. If the UN focuses instead on its true goals, such as prosperity, security and human dignity, internal reform will take care of itself, he added.

THE CANADIAN PRESS

Vessels collide off Hong Kong

A young survivor is comforted by a rescuer on Tuesday after a collision involving in Hong Kong. A boat packed with revellers on a long holiday weekend collided with a ferry and sank off Hong Kong, killing at least 36 people and injuring dozens, authorities said.. VINCENT YU/THE ASSOCIATED PRESS

Sex-abuse suspects

Scouts to review 'perversion files'

The Boy Scouts of America plan to begin doing what critics say they should have done decades ago — report suspected sex abusers named in the organization's so-called "perversion files" to authorities.

A court-ordered release of the perversion files from 1965 to 1985, expected sometime in October, has prompted Scouts spokesman Deron Smith to say the organization will go back into the files and report any offenders who may have been missed.

THE ASSOCIATED PRESS

Litter

Haitians ignore bag, container ban

Haitian merchants on Monday ignored the first day of a government ban on the sale and general use of plastic bags and foam food containers.

In a busy market, dozens of vendors openly sold the tightly rolled bags and big packages of to-go food containers. THE ASSOCIATED PRESS

Market Minute

DOLLAR
101.76¢ (+0.05¢)

TSX
12,370.19 (+52.73)

OIL
$92.48 US (+$0.29)

GOLD
$1,783.30 US (+$9.40)

Natural gas: $3.48 (+16¢)
Dow Jones: 13,515.11 (+77.98)

Economics

Yes, there will still be bacon

Bacon lovers can relax. They'll find all they want on supermarket shelves in coming months, though their wallets may take a hit.

The current drought is likely to nose up prices for bacon and other pork products next year by as much as 10 per cent. But experts are dismissing reports of a global bacon shortage that lent sizzle to headlines last week.

THE ASSOCIATED PRESS

Ikea erases photographs of women from Saudi catalogue

2013 edition. Images are 'another sad example' of gender inequality in Saudi Arabia, says Sweden's trade minister

PETER LINDHOLM
Metro in Sweden

Swedish furniture retailer Ikea has erased women from the pages of its Saudi Arabian catalogue.

The 2013 catalogue, printed in 27 languages for distribution in 38 countries, looks almost alike worldwide, displaying identical interiors of kitchens and bathrooms. However, in the Saudi version, women appear to have been removed from the images. Metro Sweden first discovered the inconsistency on Ikea's online catalogues this week.

For example, in the Swedish version of the catalogue, a mother can be seen standing at a sink beside her child in a bathroom. But in the Saudi catalogue, the mother is absent. In another image, a young girl who appears to be doing homework has also been airbrushed.

Under Saudi Arabia's strict Muslim law, women are not allowed to drive, vote or be outside of their homes without the guardianship of a male relative.

Sweden's Minister for Trade, Ewa Björling, said the retouched images are a sad example of the oppression of women.

"You cannot retouch women from reality," she told Metro. "If Saudi Arabia doesn't allow women to be seen or work, they miss out on half their intellectual capital. These images are yet another sad example of the long road to gender equality in Saudi Arabia."

Ikea has since apologized for the catalogue retouching. "As editors of the catalogue, we are sorry about this," Ikea spokesperson Josefin Thorell said. "We should have reacted and seen that this is in conflict with Ikea's values."

The Ikea group will "revise their procedures" to avoid similar situations in the future. It is still unclear whether the Saudi catalogue will be withdrawn or not.

Left: a page from Ikea's catalogue in Sweden. Right: the same page from Ikea's catalogue in Saudi Arabia — what's missing? IKEA

Catalogue controversy

Who is responsible?

What remains unclear is who is responsible for the decision to airbrush women out of the catalogue — Ikea, or a local entity in Saudi Arabia. A spokeswoman for Inter Ikea Systems, a branch of Ikea that oversees franchises, says the Swedish retailer should take the blame.

"What has come out during our contacts with Saudi Arabia during the day is that it isn't the local franchise that has done something wrong. It is our responsibility at Inter Ikea Systems," said Ulrika Englesson Sandman. "The franchise owner has been presented with images without women." Now Ikea is considering what to do next. One alternative is to print a new catalogue.

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NO PATIENCE FOR PICKY EATERS

SHE SAYS ...
Jessica Napier
metronews.ca

"No jalapenos, please."

The waiter rolls his eyes: "Is it an allergy?"

"No ... I just don't like them," I respond as I sheepishly turn away with embarrassment.

When my nachos arrive, I groan; jalapeno peppers are defiantly embedded within every layer of melted cheese. The spicy-hot toppings mock me as I gently remove them one by one.

Nobody likes a picky eater. I hate being that annoying dinner companion who despises anything with a little too much spice. So I will always try to accommodate those with more adventurous palates. I'll covertly chug endless glasses of water to get through a shared meal of kimchi-laced bibimbap or five-alarm chili.

When you are fortunate enough to live in a large city filled with multi-ethnic fare and interesting haute (often HOT) cuisine, you shouldn't take that for granted. But while I certainly want to like spicy foods, my tongue screams in protest every time I come into contact with a piquant sauce or a fiery curry.

Too hot for you?

I'll covertly chug endless glasses of water to get through a shared meal of kimchi-laced bibimbap or five-alarm chili.

I try my best, but ultimately my taste buds just can't handle the hot stuff.

And yet, in an entirely hypocritical sort of way, I can't stand picky eaters. I'm not talking about those with medical conditions, eating disorders or legitimate allergies; I'm talking about people who don't like fish because it smells funny or don't let different foods on their plate touch because ewww! Contamination!

Come on.

It can be a total turnoff when you meet a fully grown adult who behaves like a fussy child when it comes to trying new food. There's nothing wrong with liking things plain, but there's a fine line between a simple preference and a neurotic obsession. When friends and family develop prejudices against entire food groups, hosting a dinner party or going out for a meal can become a complicated and frustrating endeavour.

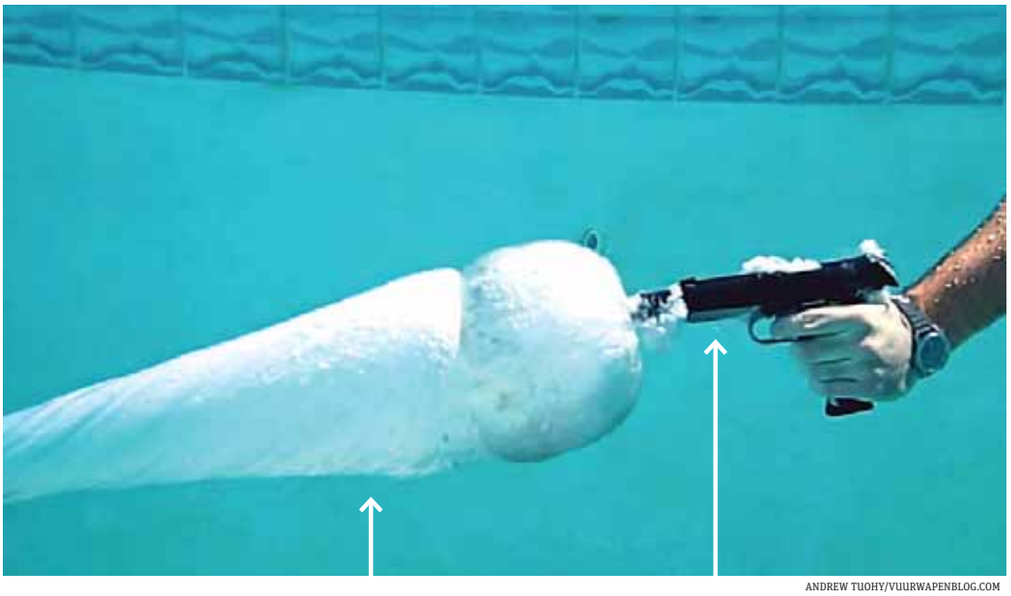
One of my favourite local pizzerias refuses to do substitutions on the premise that they, not the customer, know best when it comes to what flavours work together. While some patrons sneer at their holier-than-thou approach to pizza, I applaud their refusal to pander to the overly entitled menu customizers out there.

We're grownups now, shouldn't we be able to try something new before forming an opinion? I implore all those finicky foodies out there to stop turning up your noses at ingredients you can't pronounce, experiment with flavourful sauces and seasonings, and open your mind (and mouth) to some new culinary experiences.

Follow Jessica Napier on Twitter @MetroSheSays

Would you like some nachos with your jalapenos? JONATHAN DANIEL/GETTY IMAGES FILE

Having a blast under water



ANDREW TUOHY/VUURWAPENBLOG.COM

Firearms photography

Pistol fired in pool creates storm of interest

This is what firing a gun under water looks like. Firearm expert Andrew Tuohy shot a few pistols in his swimming pool and posted a video on his blog, which has now gone viral. The result: A stunning shot of a tornado rippling through the water. Metro spoke to the 26-year-old ex-sailor from Tucson, Ariz. METRO

Andrew Tuohy also makes "flower" jewels from his spent bullets.
ANDREW TUOHY/VUURWAPENBLOG.COM

Q&A

Gunning for art

Tuohy describes his image of a Kimber 1911 pistol firing underwater.

Firing a gun under water looks spectacular, but was it safe?
The bottom line is that, yes, it's safe to use these firearms underwater. With other firearms — due to their design and barrel size — it's not safe, as they'll explode under water! The bullets themselves only travel a metre or so in water. Here, I used hollow-point bullets — they travel even shorter as they expand their diameter instead of penetrating through a target.

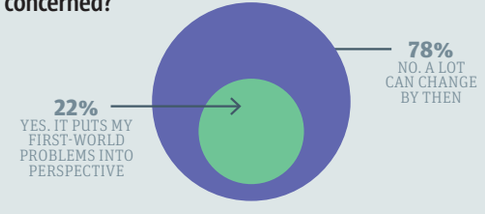
What challenges did you have?
This event happens very fast. The bullets are moving at about 1,000 feet (309 metres) per second initially, and the muzzle blast is over in about one 60th of a second. So the higher frame rate of the video camera really helps.

What does this image tell you?
It shows firearms as something interesting and potentially even beautiful instead of ugly and evil. It's fun, educational and different. They can be used to oppress or liberate from oppression, to murder or to prevent murder, and in this specific case, they can even be used to create art. METRO

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

A recent report says 100 million people will die from climate-related causes by 2030. Are you concerned?



Twitter

@gracecheung604: Looking for a new take-out lunch spot? Give #IK2GO on Hornby of @Glowbal_Group a try!

@nlamontagne: Absolutely agree with @Brent-Toderian cities are intensely complex and need leaders & planners who work with this exceptional complexity

@adriandix: Congratulations to Judith Guichon, BC's new Lieutenant Governor. Will do excellent job. Also sincere thanks to outgoing LG Steven Point.

@ThomasDrance: Regular season games haven't officially been canceled yet, but @VanCanucks' October wallpaper doesn't list any games

@ArianaGrande: Only a week in Vancouver and honestly I'm falling in love w it. It's so beautiful here! So excited to be spending the rest of the month here

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DVD reviews

Bond 50

●●●●●

BOND 50 collects all 22 James Bond movies on Blu-ray for the first time, and leaves room for Skyfall, the coming 23rd one. Appraising this handsome set, it doesn't seem too pompous to quote Shakespeare's King Lear: "O, reason not the need!" Yes, chances are very good that you already own most or all of the 007 canon, on VHS and regular DVD. Possibly even Blu-ray, too, although BOND 50 brings nine of the films to the high-definition format for the first time: You Only Live Twice, On Her Majesty's Secret Service, Diamonds are Forever, The Spy Who Loved Me, Octopussy, A View to a Kill, The Living Daylights and Tomorrow Never Dies. But it's likely you'll still desire this boxed set, if only for its intelligent design, which pays full homage to the six men who have played Bond over the past half-century: Sean Connery, George Lazenby, Roger Moore, Timothy Dalton, Pierce Brosnan, and now Daniel Craig. There are 122 hours' worth of bonus features, much of which has already been released. But the real bonus is a single disc that smartly breaks down the Bond mystique via short featurettes that analyze the girls, gadgets, villains, look and style of this durable franchise.

PETER HOWELL

Dark Shadows

Director. Tim Burton

Stars. Johnny Depp, Michelle Pfeiffer, Eva Green

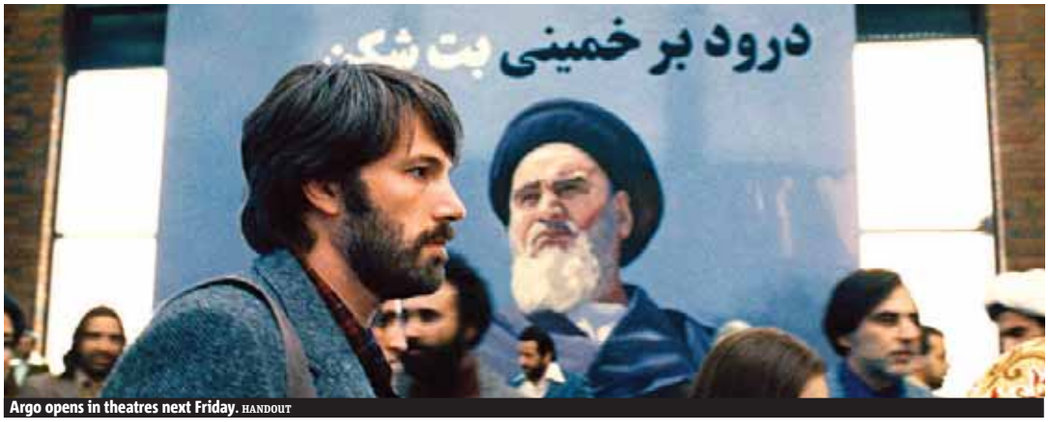
●●○○○

Johnny Depp's Barnabas Collins, a reluctant 18th-century vampire, looks confused when he awakes in 1972 in a Maine fishing village after a 200-year slumber. He's not the only one. Viewers of Tim Burton's Dark Shadows will be hard pressed to know whether the film is meant to be a comedy, horror movie or romance. Or is it a fish-out-of-water story? The story, based on a cult TV soap opera from the 1960s and '70s, stumbles blindly along for most of the film's overlong 113 minutes.

PETER HOWELL

Apologies to Boatmen fans but Argo (Ben Affleck, Bryan Cranston) has nothing to do with Toronto's storied CFL team. The real-life story does, however, involve Canadians running a gadget play. Hatched in clandestine corners of Ottawa and Washington, Argo is the fake movie script concocted by covert operatives posing as a Canuck film crew scouting locations in Tehran. The daring rescue of six diplomats who hid in the Canadian ambassador's house during Iranian Hostage Crisis is just one of several ops to inspire filmmakers.

MIKE DOJC
scene@metronews.ca



Argo opens in theatres next Friday. HANDOUT

Ops that inspired Hollywood

Operation Thunderbolt

Dateline: July 4, 1976

Air France flight 139 was hijacked by the Popular Front for the Liberation of Palestine in conjunction with a German based radical group. After rerouting the flight to Uganda, 106 Jewish and Israeli hostages were held at the Old Terminal of the Entebbe airport. Israel's elite commando unit, Sayeret Matkal, led by Yonatan Netanyahu (older brother of the current prime minister) flew four Hercules C-130s over 4,000 kilometres and landed undetected on the dark runway. Driving land rovers and a black Mercedes to impersonate an Idi Amin motorcade, the cavalry sped toward the building where the hostages were being held, taking the terrorists by surprise. Three hostages and Commander Netanyahu were killed during the mission. Charles Bronson (Death Wish) starred in the movie adaptation, Raid on Entebbe.

Operation Nimrod

Dateline: May 5th 1980

After the Democratic Revolutionary Front for the Liberation of Arabistan (DRFLA) seized control of the Iranian embassy in London and threatened to blow it up if their demands weren't met, Maggie Thatcher gave the order to mobilize Britain's finest. Armed with the latest whiz-bang gadgetry of the period, a crack unit of the British Special Air Services (SAS) breached the building by lowering a charge through a skylight and abseiled in guns blazing. Five militants and one hostage perished in the crossfire during the successful 17-minute siege that helped establish Thatcher's Iron Lady rep. The operation unravelled on a bank holiday Monday with TV cameras rolling the whole time so millions of Britons watched the swift rescue unfold. Who Dares Wins (1982) was inspired by the events.

Operation: Maersk Alabama Rescue

Dateline: April 12, 2009

Off the coast of Somalia a cargo ship bound for Kenya was boarded by pirates. The crew managed to power down the ship's systems so that the pirates could not steer the vessel and they holed up in a secure room but Captain Richard Phillips and several crew members were captured. The ship's chief engineer, armed with just a knife, managed to subdue one of the pirates and during a botched prisoner exchange the pirates fled in a lifeboat taking the captain as their hostage. The destroyer USS Bainbridge, guided-missile frigate USS Halyburton and the amphibious assault ship USS Boxer were dispatched to the scene. After negotiations broke down Navy SEAL snipers took out the pirates. Tom Hanks has been tapped to play Phillips in a big screen adaptation of the high seas rescue.

Operation Checkmate

Dateline: July 2, 2008

Colombian soldiers took weeks of acting classes so they could effectively pass as members of a relief organization. The ruse was part of the plan to extract 15 hostages being held in the jungle by FARC — including former presidential candidate Ingrid Betancourt who had endured six and a half years in captivity. Using communication intelligence, they tricked the captors into handing over the hostages by convincing them they had been sent by Alfonso Cano, the guerilla army's leader, to transport the prisoners to him. Once everyone was aboard the helicopter they arrested the captors and released the hostages without a single bullet. A mini-series based on the op was nominated for an International Emmy.

Air France Flight 8969 Rescue

Dateline: December 26, 1994

Four Groupe Islamique Armé terrorists disguised as airport employees boarded an airbus A300 in Algiers. After murdering three passengers they were given clearance to fly to Marseille, where France's elite Groupe d'Intervention de la Gendarmerie Nationale would eventually engage the militants. The GIGN strike force blasted their way into the plane from several points forcing the terrorists to retreat into the cockpit. The ensuing gun fight raged on for about 10 minutes with commandos in the rear of the plane evacuating passengers while another team took control of the flight deck. The hail of bullets fired left the plane's fuselage looking like a slice of Emmental cheese but the rescuers succeeded in freeing the 170 remaining passengers. The French film The Assault re-enacts the dramatic events.

2SCENE

On the web

Qriket

DiCaprio, Maguire lead all-star cast in new video urging voter expression through social media. Check it out by scanning this code or visiting metronews.ca/scene.

Twitter

@SethMacFarlane
Hey guy in the audience laughing out loud at the jokes in a Shakespeare play-- you make the world a worse place.

@lindsaylohan
My iPhone broke and i need to get the new iPhone5, but they are sold out everywhere!!!

@diablocody
My parents wouldn't let us get cable; therefore I know nothing of your "Fraggles."

@DavidSpade
its shocking how many times i go on web md for ' pill identifier'...

Metro gets a Lone look at a revamped classic to come

Johnny Depp is set to star as Tonto in director Gore Verbinski's retake on '50s television hit, The Lone Ranger. The film, which opens July 3 2013, sees Native American spirit warrior Tonto recounting the untold tales that transformed John Reid, a man of the law, into a legend of justice.

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Arnold opens up about affair

Arnold Schwarzenegger claims he didn't know he'd fathered a child with his longtime housekeeper until the boy "started looking like me," he says in an interview with 60 Minutes to promote his new memoir.

"That's when I kind of got it. I put things together." But while he kept the woman, Mildred Baena, on staff and began providing financial support for the boy, he was in no hurry to tell wife Maria Shriver or their four children. "It was very difficult, strange, bizarre," Schwarzenegger says. "I just said to myself, 'OK, I'm going to put this away.'"

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Christina Aguilera: I'm through being skinny

THE WORD
Dorothy Robinson
scene@metronews.ca

The Word has been waiting for Christina Aguilera to lose weight and then get paid a mint to appear in a Us Weekly cover story to talk about how she shed the pounds — a.k.a. Tabloid Journalism 101.

But, God bless her, it doesn't look like that cover is coming up any time soon, as Aguilera is embracing her curves.

In a recent interview with Billboard magazine, The Voice mentor says she's through worrying about staying skinny to promote her music. "During the promotion of my album Stripped, I got tired of being a skinny white girl. I am Ecuadorian, but people felt so safe passing me off as a skinny, blue-eyed white girl," she says, recounting how she put on 15 pounds during promotion for that album, prompting a "serious emergency meeting" with her label reps about potential backlash over her weight gain.

"(They claimed) people I toured with would also miss out if I gained weight because I would sell no records or tickets for my shows," she explains. "I was young, so I lost the weight quickly and was toothpick thin during Back to Basics promos and touring."

But for her latest record, she'd had enough: "I told them during this Lotus recording, 'You are working with a fat girl. Know it now and get over it.'"

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Get a body like Stefani

Fitness. As No Doubt's sixth studio album, Push and Shove, drops Sept. 25, we look at how lead singer Gwen, 42, stays toned

ROMINA MCGUINNESS
Metro World News

No doubt, her body is tight. ALL PHOTOS GETTY IMAGES

LESSON 1: EAT LIKE GWEN

According to personal trainer Mike Heatlie, who has worked with Gwen Stefani on and off for more than 10 years, 75 per cent of exercise is overrated.

"It's not that it doesn't help," he explains, "But if you want a slim waist and six-pack as defined as Gwen's, you need to reduce your overall body fat and the only way to do that is by changing your diet."

The fat loss strategy

"We live in an obesogenic environment — meaning fatty, sugary foods are everywhere, making it hard for us not to get fat," Heatlie tells Metro.

"If your diet is rich in white carbs, such as pasta, cereal and soda, then you're probably consuming too much energy.

"Carbs stop the fat burning process because the body prefers using the energy provided by carbs — glycogen — over the energy from fat. The body will only start burning fat if carb levels are low and it has no other option. But if you want this process to happen, you'll have to cut back on carbs."

Carb-calorie cycling

It's not what you eat once in a while that matters, but what you eat consistently, Heatlie explains.

"A diet plan that's too strict becomes unsustainable. If 90 per cent of your diet is 'good' then the remaining 10 per cent that's 'bad' doesn't really matter. Choose five to six days in the week when you aim to reduce your intake of carbohydrates. Maybe swap your breakfast of cereal for a protein smoothie with fruit.

"In the evening, have something like salmon or chicken with vegetables (which you should always have with your dinner) rather than bread and pasta.

"But make sure you give yourself one or two days off where you can eat more or less what you want as this then becomes a sustainable lifestyle rather than a quick fix diet."

The secret to Gwen's six pack

"The key to a six-pack like Gwen's is to follow a strict low-carb diet and combined with regular resistance training.

"You could have the most amazing six-pack, but if there's a layer of fat over it, you won't be able to see it.

"The body fat must be around 15 per cent for women and less than 10 per cent for men if you want that six pack to show," reveals Heatlie.

LESSON 2: LIVE LIKE GWEN

She looks 20-years-old still.

Check out No Doubt's newest video — Settle Down — and Stefani looks more like 22-years-old than 42-years-old.

"The only way to appear naturally younger is to lead a balanced lifestyle," says Heatlie.

"If you carry excess weight and have too much stress in your life, it will start to show on your face, making you look older than you really are."

Heatlie recommends three effortless rules to help you hold on to your youth:

1 "Avoid eating too much salt, which causes water retention and will make you look bloated."

2 "Keep your diet high in antioxidants by making the effort to eat plenty of fresh fruit and vegetables every day as well as drinking four to five cups of green tea and about three liters of water. Antioxidants prevent and repair damage to our body's tissue by slowing or preventing the damaging effects of free radicals."

More online

Need your abs fix?

- **On the web.** Go to metronews.ca/scene to guess the celebrity abs

3 "Cut back (or out) on alcohol and cigarettes. Chemicals in tobacco smoke damage collagen and elastin, the fibers that give your skin its strength and elasticity, which can lead to wrinkled skin. Alcohol intake can reduce the level of vitamin A within the body, allowing free radicals to spread and accelerating the deterioration of collagen and elastin — leading to more wrinkles and fine lines."

LESSON 3: MOVE LIKE GWEN

If it feels like you're putting in a tremendous amount of effort into your workout, yet you're not getting the results you were hoping for, then it could be that you're not training correctly.

"In order to notice a difference in yourself you need to be working out at the correct intensity levels. Your body shape will only change if it's put under strain and stress because the real fat-burning hormones, growth hormones and testosterone, only get stimulated under intense physical training," says Heatlie.

Whilst he recognizes the benefits of cardiovascular training, such as running or cycling, Heatlie believes that one of the best ways to get a lean and sexy muscular structure like Gwen's is by really putting the body under pressure by mixing training.

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On the web

Qriket

Bats, camels or goats? Animals under suspicion in hunt for source of new virus related to SARS

Gear up for Turkey Day with Cranberry-Stuffed Pork

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rosereisman.com

Pork tenderloin is a delicious and lean cut of meat. Due to improved farming practices, you can now safely cook pork to medium, keeping it moist.

1. Preheat oven to 375 F. Line baking sheet with foil lightly coated with cooking spray.

2. Stuffing: Combine cranberries, walnuts, cinnamon, cloves and walnut oil in bowl of food processor. Pulse on and off until mix is crumbly. Add diced brie and pulse once or twice, just to combine.

3. Open pork loin like book and stuff with fruit and nut stuffing. Secure with kitchen string. Set large skillet lightly coated with cooking spray over medium-high heat and sear until browned on all sides, about 2 mins on each side. Place on baking sheet; bake 20 mins. or until cooked to medium (until the meat reaches an internal temperature of 145 F). Let rest 10 mins. before slicing.

4. Glaze: Combine juice, jelly, vinegar, oil, orange zest and garlic in a small saucepan. Set over medium heat 1 min. and drizzle over pork. Garnish with parsley. **ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)**

Ingredients

Pork
- 1 1/2 lb pork tenderloin, butterflied

Stuffing
- 2/3 cup dried cranberries
- 1/3 cup toasted walnuts
- 1/2 tsp cinnamon
- pinch of ground cloves
- 2 tsp walnut (or olive) oil
- 1 oz diced brie

Glaze
- 2 tbsp orange juice concentrate
- 2 tbsp red currant jelly
- 1 tsp balsamic vinegar
- 1 tsp olive oil
- 1 tsp orange zest
- 1/2 tsp finely chopped garlic

Garnish
- 3 tbsp chopped parsley

Orange-Glazed Pork with Cranberry & Walnut Stuffing

This recipe serves six. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Health Solutions

Don't gobble gobble extra calories

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Much of the disastrous 10 pounds per decade (that is suspected of being the foundation of our obesity crisis) is acquired between Thanksgiving and Christmas.

Regardless of your familial background, there are more gatherings, celebrations and opportunities to eat at this time of year. Navigating them so you can enjoy without the backside burden takes a tiny bit of practice. Here's your game plan:

1. Veggie platter
Be the one who always brings the veggie platter with hummus.

2. Healthy nibbling
Seat yourself next to said platter and nibble to your heart's content.

3. No pre-dinner snacking
Promise yourself you will not eat the chips, popcorn, peanuts, chocolates and any other manner of crap before dinner. (After dinner, if you are still hungry...ha,ha,ha... go ahead)

4. Fill your plate with veggies
When dinner is served, fill half of your plate with green vegetables, 1/4 with starchy vegetables like carrots and squash and the other 1/4 with lean protein.

5. Stay away from deep-fried foods
Avoid anything deep fried. (Note: This is the first time I have used the word "avoid".)

6. Watch the liquor
Never have more than two alcoholic beverages.

After the celebration season, you may some excercise skills, but, if you follow these steps, you shouldn't have too much trouble.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST AT ROSEDALEWELLNESS.COM IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

Mexican touch. Mole Pulled Pork Sandwich

Ingredients
- 1 tbsp olive oil
- 1 lb pork tenderloin, cut into 2-inch chunks
- 1/2 cup almond butter
- 1/2 cup canned tomatoes
- 3 cloves garlic
- 1 shallot
- 1/2 tbsp cocoa powder
- 1/4 tsp each cinnamon,black pepper, red pepper flakes
- 1/8 tsp ground cloves
- 1 cup water
- Salt
- 4 sesame seed burger buns
- 1 scallion, white and green parts, chopped

1. In a medium saucepan over medium-high, heat the oil. Add the pork and sear for 2 to 3 minutes per side. Set the pan aside off the heat.

2. In a blender combine the almond butter, tomatoes, garlic, shallots, cocoa powder, cinnamon, black pepper, red pepper flakes, cloves and water. Purée until smooth, then add to the pork.

3. Bring the pork and sauce to a simmer over medium heat. Cook uncovered, stirring occasionally, for 15 to 20 minutes.

4. Use a slotted spoon to transfer the pork to a large plate or cutting board, then use 2 forks to pull and shred it. Return the pork to the sauce and stir well. Season with salt.

5. Divide the pulled pork between the buns. Top with scallions.

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Postpartum depression does not spontaneously resolve on its own for many new mothers, Dr. Dennis tells Metro. ISTOCK IMAGES

Postpartum depression can go on and on

Feeling blue. Many new moms experience depressive symptoms even after the initial 12 weeks postpartum

CELIA MILNE
For Metro

You've had a baby. Everyone is excited — except you.

Your home is full of colourful flowers and gifts, but all you feel is blue. What's wrong?

That's a glimpse into postpartum depression, which is a common and potentially serious illness.

A new Canadian study has found it often hangs on tenaciously for many months.

"Postpartum depression occurs in many mothers from various backgrounds, and effective treatment is available to help," says Dr. Cindy-Lee Dennis (PhD) from the department of psychiatry at Women's College Research Institute in Toronto.

Previous studies have found that about 20 per cent of new moms suffer from depression in the weeks after their babies are born.

Dennis and colleagues wanted to find out how many women continued to suffer from depression after their babies were three months old. They tracked 6,421 new moms and found eight per cent had depressive symptoms after the initial 12 weeks postpartum.

"It does not spontaneously resolve on its own for many new mothers and treatment is necessary," Dennis tells Metro. Most at risk were women who were vulnerable in some way — with low household income, a previous history of depression, a lack of postpartum support, stressful life events, family violence, or poor health.

The creators of the study are urging health-care professionals to continue screening women for postpartum depression for longer periods after babies are born.

This way, women will have access to the help they need. Screening could be done during pediatric visits, for instance.

Canadian study

The study was published recently in the Canadian Journal of Psychiatry.

Why family mealtime matters

LINDA CLARKE
For Metro

Children can improve many skills when they assist their parents with cooking. ISTOCK

Apart from providing an opportunity to bond over a meal, sitting down in a semi-formal setting around a table and sharing discussion can prepare children for school group settings and enhance social skills.

"It provides a model for socialization during eating. It can teach children manners and they learn how to have a conversation," says Jessica Hoffman, PhD, an associate professor in the department of counselling and applied educational psychology at Bouve College of Health Sciences at Northeastern University in Massachusetts.

"It's an opportunity for children to expand their vocabulary and speech skills," she continues. "When children listen to parents and older siblings talk about their day, or items in the news, it helps develop language skills and to develop critical perspectives."

Having family dinners also provides parents with an additional tool to keep a check on their children's progress at school, and can be an important daily link to their children's classroom.

"Family dinnertime is an opportunity for parents to monitor what's going on in their children's lives and spot any possible academic problems," adds Hoffman.

But if the matter is a personal one, it's best to discuss it in private.

"Conversation should always be kept in a family context and be sensitive to who is there. Explosive topics should be kept for one-on-one situations," she says.

Putting family dinners on the schedule also provides structure for you and your family. But be realistic — it's OK if schedules don't allow for togetherness every night.

"It doesn't have to be all-or-nothing," advises Hoffman. "Do it as often as you can without stressing about it — but the more family dinners you share, the better."

Hoffman advises getting children involved in preparing a meal, too.

"There are so many skills that cooking helps improve. There's math involved in measuring and fractions. You're dividing for recipes and calculating amounts. There's reading and learning how to follow directions. There's sequencing and coordination. Plus, kids are more likely to eat what they have helped cook."

Studies show

- Research in The American Academy of Pediatrics found that kids who have regular family dinners experience a lower incidence of obesity.
- Columbia University's National Center on Addiction and Substance Abuse found that kids who eat family dinners get better grades in school and are less likely to try drugs or alcohol.

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At what point does tipping become un-frugal? ISTOCK IMAGES

Feeling tipsy? Don't break the bank!

Generous and frugal.
A quick guide to the acceptable level of tipping

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

In Canada, tipping etiquette says that when a service has been provided, and it's of a certain level of quality, the buyer tips.

But how much is a reasonable tip and when does tipping become un-frugal?

Naturally, if you receive good service at a restaurant, spa or hotel, for example, a good tip is in order.

But, unless you're trying to catch a service provider's attention, perhaps to get a date or impress the one you're on, don't break the bank.

Here are a few guidelines to follow.

Food Service: Throwing a few coin's into your barista's tip jar never hurts when you're aiming for quick and reliable service.

If you receive exceptional service at a restaurant or bar, 20 to 25 per cent tip is in order. Adequate service should be rewarded between 10 to 15 per cent and if the service is poor, 10 per cent or less.

Just remember that if you're paying with a coupon or gift-certificate, you should still tip on the total before the discount has been applied.

Travel: Tipping a taxi driver or chauffeur 10 to 15 per cent is customary, but I'd recommend a minimum of $3. If hotel staff helps you to your room with bags or fetches your car from underground parking, $2 to $10 is recommended.

Personal Services: Tips for spa or hair services range from 10 to 20 per cent.

If you receive poor service, a low tip signals to the service provider that your experience could be much improved.

But, before you stiff the server out of a tip, think about who is responsible for your bad experience? Did the manager incorrectly staff the restaurant (not the server's fault so speak to the manager) or was your server rude and inconsiderate (bad service should not be rewarded).

Apply frugality and good judgment when tipping by limiting spending, double-checking your bill for accuracy and ensuring that a gratuity hasn't already been paid.

If you're not good with tipping math, don't fret. Most service providers have automatic tip calculators right on their credit card and debit machines allowing you to select the appropriate per cent.

Tipping appropriately can actually save you money in the long run as service providers might extend preferential pricing, they may call you to tell you about sales or discounts and could even provide services 'on the house' from time-to-time.

Not tipping anything in order to save money, especially when you've received good service, isn't frugal; it's cheap and inconsiderate.

Follow Lesley on Twitter
@LesleyScorgie

Try this cool, new financial tool

YOUR MONEY
Alison Griffiths
money@metronews.ca

Whether you are a stickler with money details or adrift in a sea of financial bloopers, there is a new tool to help you improve the money side of life.

Your Financial Toolkit has just been launched by the Financial Consumer Agency of Canada (FCAC) fcac-acfc.gc.ca/eng/index-eng.asp along with the Investor Education Fund (IEF) getsmarterabout money.ca.

At first, I was a bit skeptical. I've seen dozens of so-called financial literacy tools and many of them are, quite frankly, insults to the intelligence.

I cantered through the 12 topics, which include budgeting, investing, income taxes and financial planning and I'm happy to report there is something for everyone.

There are case studies, basic and more advanced information, as well as interactive exercises and tips sprinkled through most of the modules.

Figuring out what you spend is one of the hardest aspects of budgeting — and most people are way off in their estimates.

The toolkit offers this process.

1. Keep every receipt.
2. Record every expense daily.
3. Review bank and credit statements to identify additional expenses (eg. automatic debits.)
4. List irregular expenses such as gifts, donations, taxes, car and home repairs.
5. Total expenses monthly.
6. Do this for at least three months.

For irregular expenses (e.g. vacations) estimate them for the entire year and add 15 per cent for the unexpected. Then divide by 12 to get a monthly total. Sure, you won't spend that money every month but you will over the year so this is a good way to account for it.

One small quibble — in the Income section there are three "Other" categories to note unusual or periodic income but you can't define what they are.

If you want to name your own categories you can go to the FCAC's rigorous budget calculator and download the Excel file, which allows you to customize the cells and save them for future reference.

Also, in the mouse-over explanations for the Income section, it states the self-employed are not generally eligible for employment insurance benefits.

Actually, as of 2011, the self-employed can opt to pay in and later collect maternity, parental, sickness and compassionate care benefits.

All in all, however, the toolkit is interesting and helpful (and fun too, if you like taking quizzes).

Tools and quizzes are useful because they force you to pay attention to your financial life. ISTOCK IMAGES

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MLB

Yanks edge closer to AL East title

Robinson Cano, Curtis Granderson, Russell Martin and Mark Teixeira homered in a nine-run second inning, and the New York Yankees routed the Boston Red Sox 10-2 on Monday night to open a one-game lead over Baltimore in the AL East with two games to play.

Baltimore lost 5-3 at Tampa Bay and dropped into second place, prompting cheers from the crowd when the final score was posted before the ninth inning.

New York tied its record for home runs in an inning, achieving the feat for the third time. The offence backed CC Sabathia (15-6), who allowed two runs and four hits in eight innings with seven strikeouts and a walk. THE ASSOCIATED PRESS

Yankees slugger Curtis Granderson heads home after hitting a two-run homer on Monday in New York. GETTY IMAGES

MLB

Jays youngsters deliver in win

Yan Gomes tied the game with a two-out homer in the ninth inning and Anthony Gose won it with a two-out single in the 10th as the Toronto Blue Jays defeated the Minnesota Twins 6-5 on Monday.

Adam Lind had four hits and two runs batted in for the Jays. THE ASSOCIATED PRESS

NHL

"What we didn't consider was how our supporters or our fans would feel."

Oilers owner Daryl Katz, who said in a radio interview he never realized threatening to move the team to Seattle would trigger fan anger in Edmonton

Great One sees lockout solution on the horizon

NHL. Gretzky says groundwork laid by 2004 work stoppage should make it easier to come to an agreement

Quoted

"I see them ultimately getting a deal done here and I see them playing hockey this year."

Wayne Gretzky

The Great One is optimistic about the NHL's labour situation.

Wayne Gretzky said on Monday that he believes the league's lockout will end before the Winter Classic between the Detroit Red Wings and Toronto Maple Leafs.

"I believe in my heart, maybe because I'm such a big hockey fan, that they will be playing by Jan. 1," Gretzky said on Monday in Toronto during a question-and-answer period at a panel discussion on personal finance. "I think the hard part of their deal was the last negotiations (in 2004) of players agreeing to a salary cap."

Detroit and Toronto are currently scheduled to play outdoors at Michigan Stadium in Ann Arbor to kick off the new year.

Gretzky was reluctant to analyze the ongoing labour negotiations because he's not directly involved in them.

"The only thing I will say is the commissioner's office and Donald Fehr and the players' association are very smart men, they're both very intelligent," Gretzky said. "It's a matter of sitting down and getting the deal done."

The Hall of Fame centre and former part owner of the Phoenix Coyotes believes that the gap between the league and its players is smaller than in 2004, when the NHL lost an entire season.

"I think that in 2004 we were changing the whole landscape," said Gretzky. "Ownership wanted to have some sort of revenue sharing and once we came to the revenue sharing, the hard part — from my point of view — seems to be out of the way.

"Now it's a question of working out the number that both sides think is fair." THE CANADIAN PRESS

Wayne Gretzky throws out the first pitch before the Blue Jays' game against the Minnesota Twins on Monday night in Toronto. TOM SZCZERBOWSKI/GETTY IMAGES

CBA negotiation

Core economic issues still off the table: Source

NHL labour talks are set to resume Tuesday morning, with discussions focusing on hockey-related revenue and not the core economic issues that continue to divide the two sides in a league-imposed lockout entering its third week.

A person familiar with the negotiations provided details on Monday of what was expected to be discussed at the meeting that will be held in New York. The person spoke on the condition of anonymity because the NHL and the NHLPA have not issued an update on talks. The person added there are currently no other meetings planned beyond Tuesday.

Negotiators for the league and players will pick up where they left off after Sunday, when they completed three straight days of discussions. THE ASSOCIATED PRESS

Lakers' Howard ready to learn in L.A.

Dwight Howard with new Lakers teammate Pau Gasol on Monday. THE ASSOCIATED PRESS

Superstar centre Dwight Howard might be an eight-year NBA veteran, but Monday still felt like the first day of school.

And it was, in a way: Howard is just getting started on his real NBA education from the Los Angeles Lakers and Kobe Bryant, who is just as eager to teach as Howard is to learn.

"I know he's going to be tough on me, but I expect that, and I want him to be that," Howard said. "I want to be that guy. I'll take all the heat he's going to give me, because I know at the end of the day, it's going to make me a better player and a better person."

Howard and Bryant wore their gold uniforms together for the first time Monday as the Lakers opened training camp with a revamped roster and sky-high expectations. After two straight seasons ending in the second round of the playoffs, a remarkable off-season shuffle by Los Angeles general manager Mitch Kupchak and owner Jim Buss has put the Lakers in prime position to contend for their 17th NBA championship.

And everybody's eyes were on Bryant and Howard, the Lakers' unquestioned leader and the supremely gifted big man he has already appointed as his heir. THE ASSOCIATED PRESS

Quoted

"With so many personalities and dominant players, to try to find a cohesion and understanding is going to be a big challenge."

Lakers point guard Steve Nash

4 SPORTS

Mobile sports

Cricket

The battle of the sexes has hit the swimming pool. The opening meeting of the World Cup in Dubai on Tuesday will feature 4x50 mixed-gender relays for the first time.

Opportunistic Bears defence intercepts Romo 5 times in win

NFL. Cowboys are once more a .500 team — Dallas is 122-122 in regular-season games since start of '97 season

Quarterback Tony Romo of the Dallas Cowboys picks himself up off the turf as Lance Briggs of the Chicago Bears returns an interception for a touchdown on Monday in Arlington, Texas. Romo's five interceptions matched his career high. RONALD MARTINEZ/GETTY IMAGES

Those 30-something defenders for the Chicago Bears showed Tony Romo how much they can still play.

Lance Briggs and Charles Tillman, two of the five defensive starters for Chicago in their 30s, returned interceptions for touchdowns, and the Bears beat the Dallas Cowboys 34-18 on Monday night.

Though Romo was only sacked once, on the Cowboys' opening series, he was pressured relentlessly and threw five interceptions. That matched his career high, set five years ago in his first full season as a starter.

Briggs' interception came in a wild two-play exchange of turnovers midway through the third quarter.

Bears quarterback Jay Cutler was nearly flawless after halftime, when he completed 11 of 12 passes for 219 yards and two touchdowns. That included a 34-yard score to Devin Hester to start the half and a 31-yarder to Brandon Marshall with 6 1/2 minutes left.

Major Wright, who returned an interception for a touchdown in Chicago's last game, had two of the five interceptions. D.J. Moore has nine career interceptions, three of them against Romo after getting another one on Monday night.

Once again, the Cowboys (2-2) are a .500 team. They are also one of the lowest-scoring teams in the NFL, with only 65 points. THE ASSOCIATED PRESS

Cancer battle

Colts coach diagnosed with leukemia

It took Chuck Pagano less than nine months to instil his fighter's mentality and hopeful spirit in the Indianapolis Colts.

He will need both to survive the biggest battle of his life — leukemia.

In a sombre news conference on Monday, the Colts announced that their new coach had been hospitalized for cancer treatment and probably would not return to full coaching duties this season. He will be replaced on an interim basis by offensive co-ordinator Bruce Arians. THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
There is no point being obsessed by perfection because you will never reach it, nor is it actually desirable to do so. You are a human being and that means you will always make mistakes. Find ways to enjoy them.

♉ Taurus
April 21 - May 21
Don't tie yourself down today. Make sure you are free to come and go as you please. Independence is precious, and if you give other people the power to meddle in your affairs, they will certainly misuse it.

♊ Gemini
May 22 - June 21
You must stick to the facts today. If you stray even a little bit from what you know to be true, it will give your rivals the opening they have been waiting for. Facts are sacred — opinions are two-a-penny.

♋ Cancer
June 22 - July 23
Start putting together a wish list because what happens towards the end of the week will make you realize that all things are possible. This is no time for doubts. Go for everything you can get.

♌ Leo
July 24 - Aug. 23
No matter what a friend or colleague tells you today and no matter how passionate they appear to be, you can bet that they have got it completely wrong. If you play their game it will cost you.

♍ Virgo
Aug. 24 - Sept. 23
The planets indicate that if you make an extra special effort over the next few days, you will enjoy success beyond your wildest dreams — and some of your dreams ARE pretty wild! Believe in yourself and be patient.

♎ Libra
Sept. 24 - Oct. 23
No goal is beyond you. You need to start really believing that because until you do, you will continue to fall short of your dreams. Think not just big but huge today.

♏ Scorpio
Oct. 24 - Nov. 22
Cosmic activity in and around the most sensitive area of your chart urges you to consider alternative explanations to everyday events. Could there be some kind of conspiracy going on? Make it your business to find out.

♐ Sagittarius
Nov. 23 - Dec. 21
Don't let well-meaning friends and relatives talk you out of doing what you know has got to be done. Make whatever sacrifices are necessary and keep in mind that the efforts you make are an investment, not an expense.

♑ Capricorn
Dec. 22 - Jan. 20
Do you have the common sense to identify what your current problem is? Yes you do. Do you have the courage to put it right? That remains to be seen. You're halfway there. All you have to do is keep going.

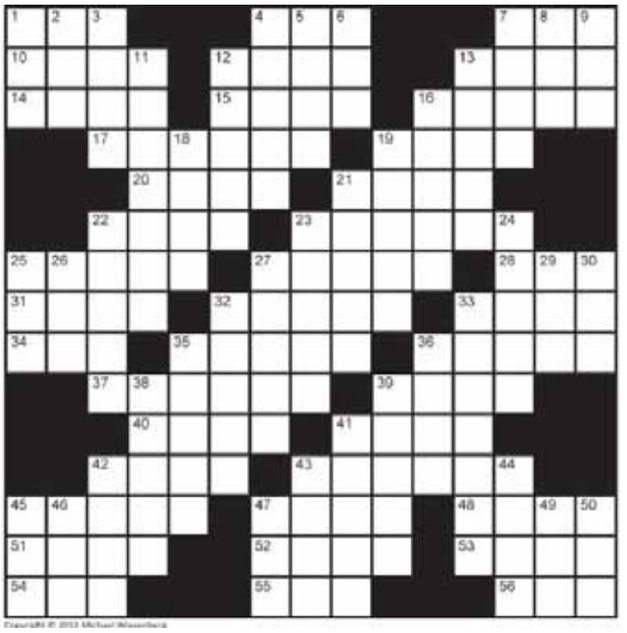
♒ Aquarius
Jan. 21 - Feb. 19
Focus on what is important and ignore everything else. If you allow your mind to wander today, it may be a long time before you can get it back on track. You know what the main issue is, so stick with it.

♓ Pisces
Feb. 20 - March 20
You are on the cusp of a heart-warming phase but there is something you still need to do before you can "let yourself go". You need to resolve a conflict of some kind. Be the one who makes the peace.

SALLY BROMPTON

Three PMs

BY MICHAEL WIESENBERG



Across
1. Request
4. Dampen
7. Taxi
10. William Lyon Mackenzie ___: 10th Prime Minister
12. "___ be of service?" (2 wds.)
13. For ___ sign
14. Additive to shampoo and shaving cream
15. Corrida cries
16. ___ Leaf
17. Cakes often made with ground nuts
19. Bathroom flooring material
20. Stadium shouts
21. Pop
22. Henhouse yield
23. World's second largest country
25. BMW subcompact models that once had the Cooper name
27. Birds of peace
28. Sesame Street viewer, typically
31. Opera set on the Nile
32. Capricious escapade
33. Sky color
34. ___ de Janeiro
35. Peeled
36. Come to understand
37. Calgary NHL team
39. Pots and ___
40. Angered
41. "Frankly, my dear, I don't give a ___"
42. Highway or bridge fee
43. Leader of 23-Across
45. Saltwater
47. Need
48. Greek garb
51. Points a gun
52. Teeny
53. Frog's land-based cousin
54. Belly muscles, for short
55. Golf stand
56. Canadian pols

Down
1. Alias
2. _'__ vous plait
3. Slip, top, or granny
4. Land on the Irish Sea
5. Potato buds
6. "___ the season to be jolly"
7. Nova Scotia's ___ Breton Island
8. Everything
9. Spelling competition
11. The Gulf Islands are in BC's Strait of ___
12. Butterfly relatives
13. Caesar or Waldorf
16. Gold-loving king
18. From ___ to riches
19. Laser printer need
21. "___ by the bell!"
22. At the ___ one's rope: desperate (2 wds.)
23. Deals (with), as a problem
24. Map book
25. Cause surface damage to
26. 3 on a sundial
27. Had the courage to try
29. Beginning of the Lord's Prayer
30. Start of a countdown
32. Animal with a hump
33. R.B. ___: 11th Prime Minister (1930-35)
35. "Ici on ___ français"
36. Bedside light
38. BC CFL Team
39. Liberal or Conservative ___
41. *Inferno* author
42. Canada's quintessential coffee and donut place, familiarly
43. Loathe
44. Apartment division
45. Sheep cry
46. Cut of meat that's often barbecued
47. One skilled at repartee
49. Credibility ___: knowledge disconnect
50. Personals

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

1			9	5	8			7
					2	8		
	6	2	3			1		
4	2		5		1	7		6
5								8
3		1	4		6		2	5
		8			5	3	9	
		3	6					
2			8	3	9			1

Yesterday's Sudoku

6	2	7	3	1	9	5	4	8
4	9	5	6	8	7	2	1	3
8	1	3	2	5	4	6	7	9
1	3	4	8	9	6	7	5	2
7	8	9	5	2	1	8	3	4
2	5	6	4	7	3	1	9	6
3	7	2	1	4	8	9	6	5
9	6	8	7	3	5	4	2	1
5	4	1	9	6	2	3	8	7

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